

HealthyLiving

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Start the Year Strong: Schedule Your Annual Wellness Visit

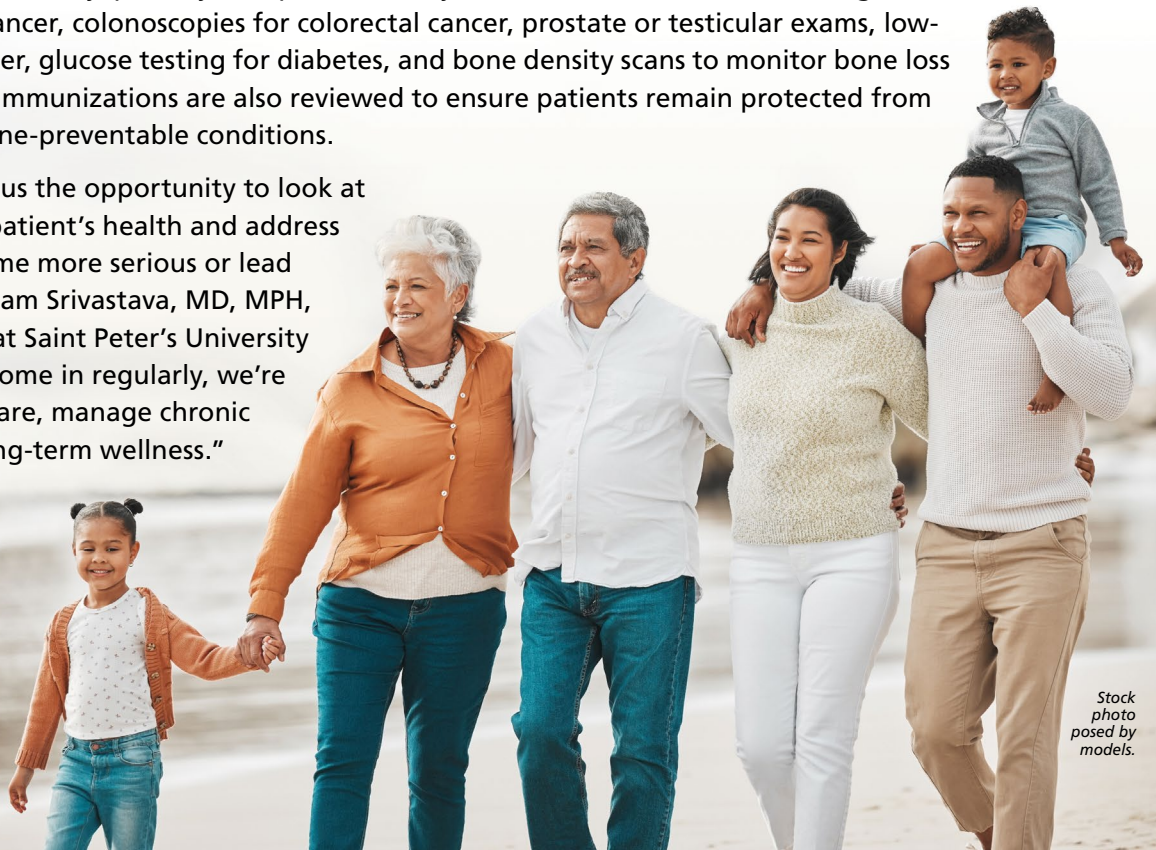
The start of a new year often inspires people to make positive changes, and one of the most meaningful steps toward better health is scheduling an annual wellness visit. These visits give primary care providers (PCPs) the chance to understand a patient's overall health, catch early signs of developing conditions, and create a plan that supports long-term wellbeing. For individuals looking to feel their best throughout the year, an annual wellness visit is a simple and powerful way to stay proactive about their health.

During an annual wellness visit, a physical exam helps uncover underlying health concerns or risk factors that may not yet be causing symptoms. Routine checks such as blood pressure, cholesterol levels, and glucose screenings offer important insight into cardiovascular health and the risk of diabetes. These basic evaluations serve as early alerts, allowing providers to recommend lifestyle changes or medical interventions before issues progress.

A key component of annual wellness is preventive screening. Hearing and vision tests, performed by audiologists and optometrists or ophthalmologists, respectively, help identify changes that may affect daily activities and overall safety. Routine dental exams can uncover gum disease or tooth decay before they progress. Depending on age, risk factors, and family history, primary care providers may recommend additional screenings such as mammograms for breast cancer, colonoscopies for colorectal cancer, prostate or testicular exams, low-dose CT scans for lung cancer, glucose testing for diabetes, and bone density scans to monitor bone loss and identify osteoporosis. Immunizations are also reviewed to ensure patients remain protected from seasonal illnesses and vaccine-preventable conditions.

"Annual wellness visits give us the opportunity to look at the complete picture of a patient's health and address concerns before they become more serious or lead to hospitalization," said Nilam Srivastava, MD, MPH, chief of Internal Medicine at Saint Peter's University Hospital. "When patients come in regularly, we're better able to tailor their care, manage chronic conditions, and support long-term wellness."

Continued on page 2



*Stock
photo
posed by
models.*

Start the Year Strong: Schedule Your Annual Wellness Visit

Continued from page 1

Saint Peter's Physician Associates offers access to a wide network of PCPs who perform annual wellness exams. Once established with a PCP, patients can be connected to a specialist for follow-up care when additional evaluation or treatment is needed. This coordinated approach helps ensure that individuals receive the right care at the right time.

For children and adolescents, routine checkups offer an opportunity to assess physical growth, developmental progress, and overall well-being. Pediatricians use these visits to identify emerging concerns, answer family questions, and provide age-appropriate guidance.

"A yearly visit allows us to make sure a child is on the

right track and to address any concerns early," said Michael Lucas, MD, pediatrician and medical director of the Pediatric Faculty Group at the Pediatric Health Center at Saint Peter's Family Health Center. "It also gives families a chance to discuss nutrition, behavior, school performance, and anything else that affects a child's health."

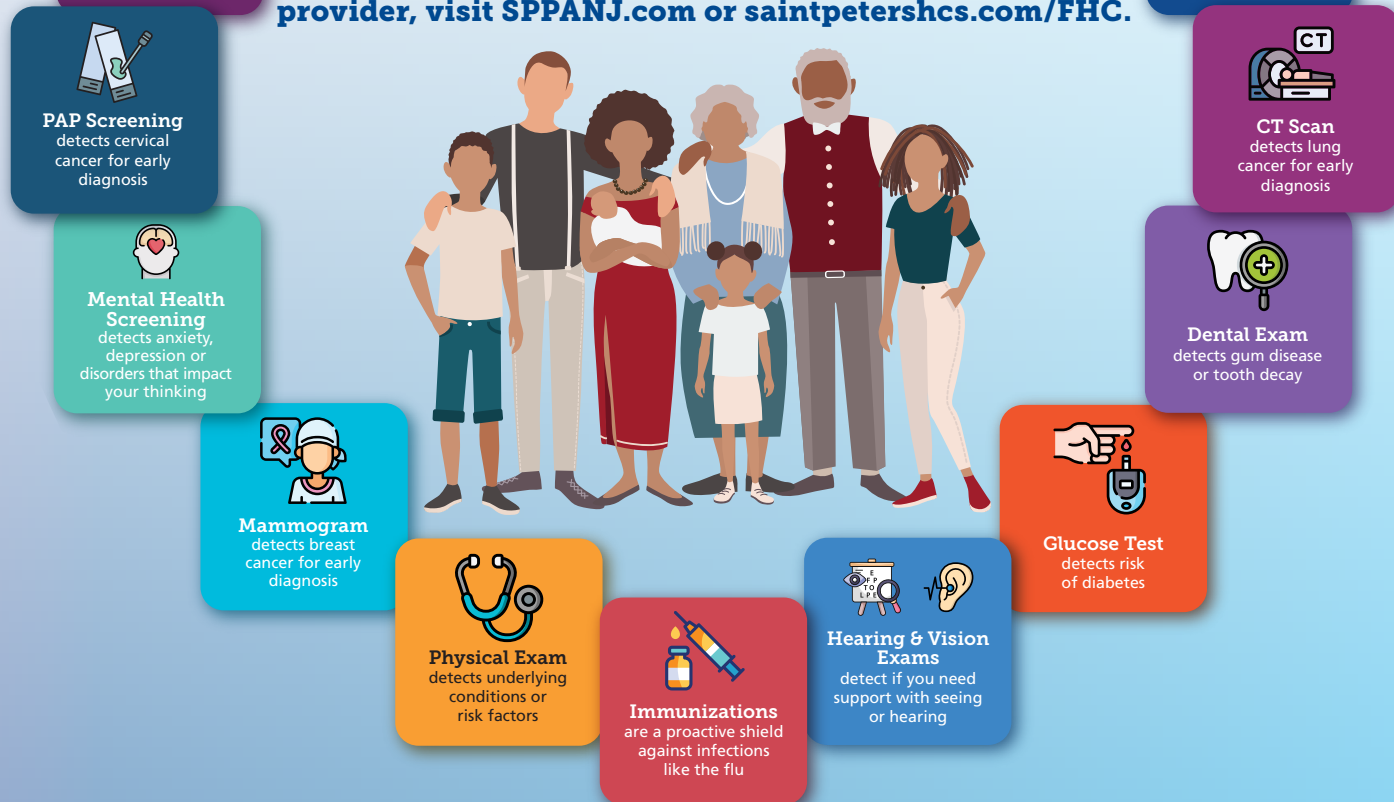
Saint Peter's Family Health Center provides comprehensive primary care services for adults and children, including routine checkups, chronic disease management, vaccinations, and sick visits.

A full-service laboratory is located on-site, making it easier for patients to complete bloodwork and other testing during the same visit.



As the new year begins, it's a great time to schedule an annual wellness visit and stay on top of your health. Establishing care with a PCP supports early detection, ongoing management of chronic conditions, and the peace of mind that comes with preventive care.

To schedule an appointment with a primary care provider, visit SPPANJ.com or saintpetershcs.com/FHC.



Saint Peter's Earns Highest Safety Grade from The Leapfrog Group

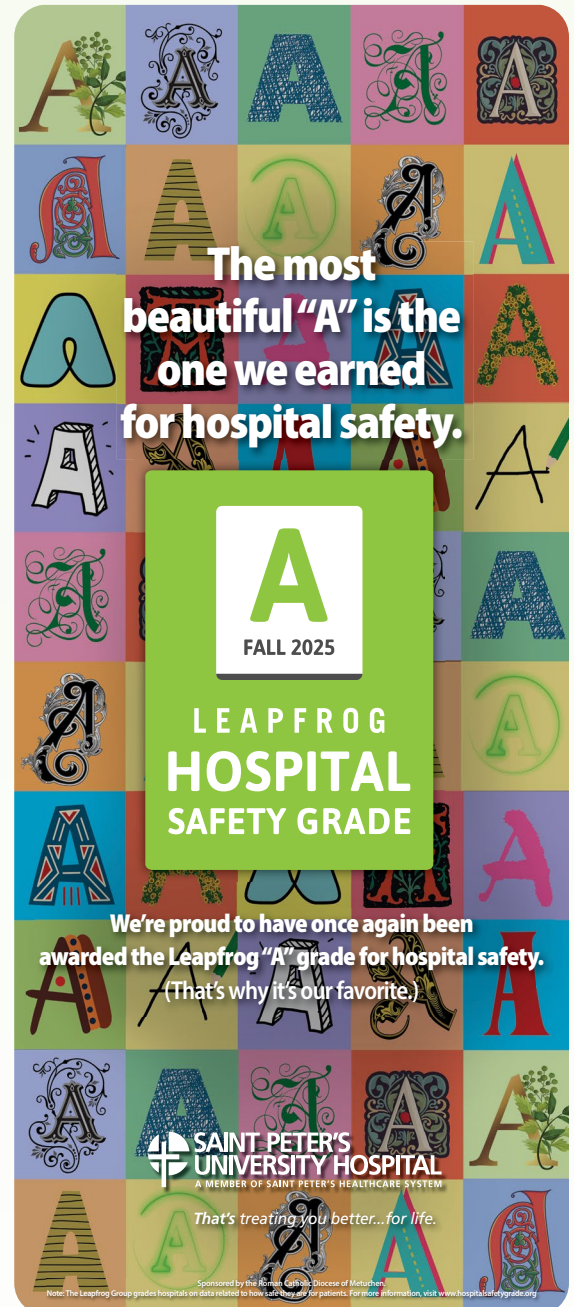
Saint Peter's University Hospital has once again been recognized for its longstanding commitment to patient safety, earning an "A" Hospital Safety Grade from The Leapfrog Group for fall 2025. The Leapfrog Hospital Safety Grade is a national, peer-reviewed program that assigns letter grades to hospitals across the country based on their performance in preventing medical errors, injuries, accidents, and infections. Updated twice each year, the grade serves as a trusted indicator of how well hospitals protect their patients.

"In this ever-evolving healthcare landscape, we recognize that patients and families have choices. We are grateful that The Leapfrog Group offers credible rankings so that those in need of services have access to data and can make more informed decisions about where to seek care," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "At Saint Peter's, we pride ourselves on not only adhering to the highest safety standards but exceeding them every day. Congratulations to our team for once again achieving the highest hospital safety grade (A) and reassuring our patients and community that they are in the best hands."

This "A" grade reflects the hospital's strong commitment to a culture of safety and continuous quality improvement. It signals to patients and families that Saint Peter's prioritizes safety at every level, from clinical care and surgical protocols to infection control. Out of nearly 3,000 general hospitals nationwide rated this fall, only a fraction achieved the top grade, placing Saint Peter's among an elite group nationwide.

"Earning an 'A' Grade means Saint Peter's University Hospital made a true commitment to put patient safety first," said Leah Binder, president and CEO of The Leapfrog Group. "We congratulate the leadership, board, clinicians, staff and volunteers that all had a role to play in this achievement."

The Leapfrog Hospital Safety Grade stands as the only hospital ratings program focused solely on preventable medical errors, infections and injuries that kill more than 500 patients a day in the United States. This program is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.



To see Saint Peter's additional awards, visit saintpetershcs.com/award.

COMMUNITY CALENDAR

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/events. Most programs are FREE unless noted; please call for information.

Cancer Support

Saint Peter's Cancer Center Support Groups

Via Zoom from 1 – 2 PM

English: January 7 and 21

Spanish: January 14 and 28

To register, email sluna@saintpetersuh.com or call 732.745.8600, x6522

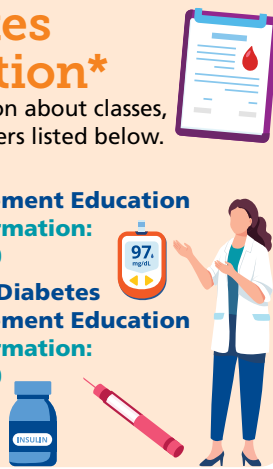


Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education
Call for information:
732.339.7630

Gestational Diabetes Self-Management Education
Call for information:
732.339.7630



Count the Kicks

A **Count the Kicks** Champions Partner, Saint Peter's is committed to preventing stillbirth.

Monitor your baby's movements with the free **Count the Kicks** app or web counter.



CountTheKicks.org

Parent Education

Some classes online. Access information will be provided after registration.

Register at saintpetershcs.com/ParentEd. For more information, call 732.745.8579.

Baby Care	Hypnobirthing™
Birth Center Class (for moms under midwifery care)	New Daddy Class
Breastfeeding Class	Prenatal Breastfeeding (in Spanish)
Childbirth Education (in Spanish)	Prenatal Yoga/Exercise Class
Grandparents Class	Prepared Childbirth/Lamaze Classes
	Sibling Class

Support Groups

Bariatric Nutrition Support

2nd Thursday of each month

Next meeting:

January 8 • 6 – 7 pm

Call 732.339.7450 for Zoom meeting information

Bereavement

Call Pastoral Care for information:
732.745.8565

Craniofacial Teen Girls

Call for information:

732.745.8600, x8113

MyGoal Autism Family

2nd Sunday of each month

Next meeting:

January 11 • 3 pm

Call 877.886.9462 or email info@mygoalautism.org

for virtual meeting information

SHARE

3rd Thursday of each month

Next meeting:

January 15 • 7 – 9 pm

Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support

Call for information:
732.745.8600, x8653

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEd or call 732.745.8579.

New Moms Support Group "Life Will Never Be The Same"

1st Tuesday of each month

Next meeting: January 6 • 12 pm

Breastfeeding Support Group

1st Tuesday of each month

Next meeting: January 6 • 1 pm

Saint Peter's Virtual Urgent Care

Monday through Friday • 5 to 10 p.m.

Saturday & Sunday • 9 a.m. to 4 p.m.

For adults experiencing:

- Cold or flu
- Diarrhea
- Nausea or vomiting
- Pink eye
- Rash/skin conditions
- Sinus problems
- Sore throat
- Urinary issues

saintpetershcs.com/virtualurgentcare

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician.

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



254 Easton Avenue, New Brunswick, NJ 08901
732.745.8600 | 800.269.7508 | saintpetershcs.com

Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center

